

Green Onion Dip

Serve this bright green dish as a dip or a salad dressing. It is a powerhouse of nutrition and flavor. Purchase Greek yogurt if you like, or save some money by straining plain, no-fat or low-fat yogurt to make your own Greek style yogurt.



Yield: approximately 3 cups

- 1 cup light mayonnaise
- 1½ cup no fat plain yogurt strained for ½ hour
- 1/2 cup green onions, sliced
- 1/2 cup fresh parsley
- 1 teaspoon Dijon-style prepared mustard
- 1 clove garlic, minced

Directions:

1. Place yogurt in strainer lined with coffee filter or cheesecloth, set over a bowl to catch the run off. Place in the refrigerator for ½ hour to thicken.
2. In an electric blender or food processor, combine green onion, parsley, garlic mayonnaise, yogurt, and mustard. Blend until very smooth.
3. Cover and chill before serving with vegetable sticks, whole grain chips or as a salad dressing.

Nutritional Information (per 2 Tbs)

Calories: 23
Carbohydrate: 1.4 g
Protein: .697 g
Sodium: 48 mg
Fiber: .07 g
Iron: .117 mg

Fat: 1.7 g
Saturated Fat 0.27 g
Mono Fat .4g
Polyunsaturated Fat 0.9 g
Cholesterol: 0.0 mg
Calcium: 24 mg